

Communication Skills to Help your Children Feel Secure

You help your child feel safe and worthwhile when you follow these 10 suggestions:

Play down personalities. Discuss specific problems with the child. No matter whether the child is right or wrong, experienced or inexperienced, they are still a very important person and always worth listening to.

Invite the child's input, sharing responsibility for solving problems. Work together to improve conditions. Avoid trying to impress your child with greater knowledge, rightness, or general superiority.

Show real interest in the child's viewpoint. Respect them and their opinions. Care about the outcome of your discussion. Help the child be right instead of trying to prove them wrong.

Be open about your aims. Be spontaneous instead of sneaky. Frankly admit what benefit is in it for you. Negotiate and compromise when called for.

Show the child they are an equal (as a person, not as a parent). How? By respecting their views, feelings and opinions. Make suggestions and requests, but refrain from orders, commands, and demands. Use peaceful persuasion instead of trying to dominate and force.

Offer your views as open to change, only tentative. You could be mistaken. You are willing to change your mind in the face of other evidence and you welcome further evidence when offered.

Make a special date with your child to provide a one-on-one interaction. This means each child should be treated as special and individually. Have your child select a choice between 3 activities. It does not have to be

Disneyland. Sometimes simpler is better. Your child can help with your adult choices.

"Catch" your child being good and reward them. Research shows that rewards work much better than punishment. Never give a punishment without immediately explaining it and then saying something positive about your child.

Give your child a hug & kiss and show them affection – all of the time – regardless!

Teach by example – hug your significant other and show the type of behavior that you want displayed by your child. Actions speak louder than words. They are Watching!



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